

### AMENDMENTS TO THE CLAIMS

The listing of claims will replace all prior versions, and listings, of claims in the application:

1. **(Currently Amended)** An exercise apparatus having an exercise station that is selectively moved by a user and having first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly including a first weight stack;

a second resistance assembly including a second weight stack; and

~~means for coupling the~~ a coupling system configured to couple the first resistance assembly to an exercise station and ~~for to coupling couple~~ the second resistance assembly to the first resistance assembly, such that movement of the exercise station requires movement of at least a portion from each of: (i) the first resistance assembly; and (ii) the second resistance assembly,

wherein the coupling system comprises: (i) a first attachment system selectively coupling the exercise station to the first weight stack; and (ii) a second attachment system selectively coupling the second weight stack to the first weight stack, such that movement of the first weight stack requires movement of the second weight stack,

wherein the first attachment system comprises: (i) a first cable and pulley system coupled to the frame; (ii) a first selector rod coupled to the first cable and pulley system, the first selector rod configured to be extended within the first weight stack and having a

plurality of apertures configured to receive a first pin therein; and (iii) a pin selectively mounted in the first selector rod when the first selector rod is extended within the weight stack, and

wherein the second attachment system comprises: (i) a first coupling member selectively coupled to the first selector rod, the member configured to receive the first selector rod through an aperture therein; (ii) a second cable and pulley system coupled to the first coupling member and the frame; (iii) a second selector rod coupled to the second cable and pulley system, the second selector rod configured to be extended within the second weight stack and having a plurality of apertures configured to receive a second pin therein; and (iv) a second pin selectively mounted in the second selector rod when the second selector rod is extended within the second weight stack.

2. **(Currently Amended)** An exercise apparatus as recited in claim 1, ~~wherein the first resistance assembly comprises a first weight stack and wherein the second resistance assembly comprises a second weight stack, and wherein movement of at least a portion of the first resistance assembly comprises movement of at least one weight in the first weight stack, and wherein movement of at least a portion of the second resistance assembly comprises movement of at least one weight in the second weight stack.~~

3. **(Currently Amended)** An exercise apparatus as recited in claim 15, wherein ~~said means for coupling comprises a~~ the coupling system further comprises a second coupling member selectively coupled to the second selector rod, the second member configured to receive

the second selector rod through an aperture therein to selectively couple the first resistance assembly to the second resistance assembly.

4. **(Currently Amended)** An exercise apparatus as recited in claim ~~3~~17, wherein ~~the coupling system comprises: (i) a first attachment system selectively coupling the exercise station to the first weight stack; and (ii) a second attachment system selectively coupling the second weight stack to the first weight stack, such that movement of the first weight stack requires movement of the second weight stack~~further comprising a coupling member configured to couple the second resistance assembly to the first resistance assembly.

5. **(Currently Amended)** An exercise apparatus as recited in claim ~~[4]~~18, wherein ~~the first attachment system comprises: (i) a first cable and pulley system coupled to the frame; (ii) a first selector rod coupled to the first cable and pulley system, the first selector rod configured to be extended within the first weight stack and having a plurality of apertures configured to receive a first pin therein; and (iii) a pin selectively mounted in the first selector rod when the first selector rod is extended within the weight stack~~wherein the first resistance assembly comprises a first weight stack and wherein the second resistance assembly comprises a second weight stack, and wherein movement of at least a portion of the first resistance assembly comprises movement of at least one weight in the first weight stack, and wherein movement of at least a portion of the second resistance assembly comprises movement of at least one weight in the second weight stack.

6. **(Currently Amended)** An exercise apparatus as recited in claim 51, further comprising a second coupling member configured to selectively couple the first resistance assembly to the second resistance assembly. ~~wherein the second attachment system comprises (i) a first coupling member selectively coupled to the first selector rod, the member configured to receive the selector rod through an aperture therein; (ii) a second cable and pulley system coupled to the first coupling member and the frame; (iii) a second selector rod coupled to the second cable and pulley system, the second selector rod configured to be extended within the second weight stack and having a plurality of apertures configured to receive a second pin therein; and (iv) a second pin selectively mounted in the second selector rod when the second selector rod is extended within the second weight stack.~~

7. **(Currently Amended)** An exercise apparatus as recited in claim 61, wherein the first coupling member is positioned below the first weight stack and moves vertically with the first weight stack when the coupling member is coupled to the first selector rod.

8. **(Currently Amended)** An exercise apparatus as recited in claim 21, wherein each of the first and second weight stacks move along a different axis.

9. **(Currently Amended)** An exercise apparatus as recited in claim 21, wherein each weight stack comprises at least one weight.

10. **(Currently Amended)** An exercise apparatus as recited in claim 21, wherein each weight stack comprises a plurality of vertically stacked weights.

11. **(Currently Amended)** An exercise apparatus as recited in claim 21, further comprising means for coupling: (i) the first weight stack; and (ii) the second weight stack to a second exercise station such that movement of the second exercise station requires movement of both (i) the first weight stack; and (ii) the second weight stack.

12. **(Original)** An exercise apparatus as recited in claim 11, wherein said means for coupling: (i) the first weight stack; and (ii) the second weight stack to the second exercise station comprises a second coupling system.

13. **(Original)** An exercise apparatus as recited in claim 12, wherein the second coupling system comprises a coupling member configured to couple the second weight stack to the first weight stack.

14. **(Currently Amended)** An exercise apparatus as recited in claim 120, wherein the first resistance assembly comprises a first weight stack and wherein the second resistance assembly comprises a second weight stack, and wherein movement of at least a portion of the first resistance assembly comprises movement of at least one weight in the first weight stack, and wherein movement of at least a portion of the second resistance assembly comprises movement of at least one weight in the second weight stack~~wherein the means for coupling the first resistance assembly to an exercise station and for coupling the second resistance assembly to the first resistance assembly comprises means for selectively coupling the first resistance assembly to an exercise station and for selectively coupling the second resistance assembly to the first resistance assembly~~

15. **(Currently Amended)** An exercise apparatus having (i) an exercise station that is selectively moved by a user; and (ii) first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly;

a second resistance assembly; and

a coupling system configured to couple the first resistance assembly to ~~an~~ the exercise station and to selectively couple the second resistance assembly to the first resistance assembly, such that movement of the exercise station requires movement of at least a portion from each of:  
(i) the first resistance assembly; and (ii) the second resistance assembly,

wherein the coupling system comprises: (i) a first cable and pulley system coupled to the frame; (ii) a first selector rod coupled to the first cable and pulley system, the first selector rod configured to be selectively coupled to the first resistance assembly; (iii) a second cable and pulley system coupled to the frame; (iv) a second selector rod coupled to the second cable and pulley system, the second selector rod configured to be selectively coupled to the second resistance assembly; and (v) a first coupling member selectively coupled to the first selector rod, the member configured to receive the first selector rod through an aperture therein.

16. **(Original)** An exercise apparatus as recited in claim 15, wherein the first resistance assembly comprises a first weight stack and wherein the second resistance assembly comprises a second weight stack, and wherein movement of at least a portion of the first resistance assembly comprises movement of at least one weight in the first weight stack, and

wherein movement of at least a portion of the second resistance assembly comprises movement of at least one weight in the second weight stack.

17. **(Currently Amended)** An exercise apparatus having: (i) an exercise station that is selectively moved by a user; and (ii) first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly;

an attachment system configured to couple the first resistance assembly to the exercise station; and

a second resistance assembly that is selectively coupled to the first resistance assembly;  
and

a second exercise station selectively coupled to the second resistance assembly, such that movement of the second exercise station requires movement of the second resistance assembly independent of the first resistance assembly.



18. **(Currently Amended)** An exercise apparatus having an exercise station that is selectively moved by a user and having first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly;

a second resistance assembly;

a coupling system configured to selectively couple the exercise station to the first resistance assembly and to selectively couple the second resistance assembly to an exercise station the first resistance assembly, such that movement of the exercise station requires movement of at least a portion from each of: (i) the first resistance assembly; and (ii) the second resistance assembly; and

a second exercise station that is selectively coupled to the second resistance assembly, such that movement of the second exercise station requires movement of the second resistance assembly independent of the first resistance assembly.

19. **(Currently Amended)** An exercise apparatus as recited in claim 18, further comprising a coupling member configured to couple the second resistance assembly to the first resistance assembly~~wherein the second exercise station is selectively coupled to the second resistance assembly.~~

20. **(Currently Amended)** An exercise apparatus having an exercise station that is selectively moved by a user and having first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly;

an attachment system configured to couple the first resistance assembly to the exercise station

a second resistance assembly;

a coupling member configured to ~~be selectively coupled to the first resistance assembly~~  
~~and to the second resistance assembly; and~~

a second exercise station selectively coupled to the second resistance assembly, such that movement of the second exercise station requires movement of the second resistance assembly independent of the first resistance assembly.

21. **(Currently Amended)** An exercise apparatus having an exercise station that is selectively moved by a user and having first and second weight stacks that provide selected resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

a first exercise station;

a second exercise station;

a first weight stack configured to be selectively moved by the first exercise station;

a second weight stack configured to be selectively moved by the second exercise station;

a first coupling system configured to couple: (i) the first weight stack; and (ii) the second weight stack to the first exercise station such that movement of the first exercise station requires movement of at least one plate from each of: (i) the first weight stack; and (ii) the second weight stack, wherein the first coupling system comprises a first coupling member that selectively couples the first weight stack to the second weight stack; and

a second coupling system configured to couple: (i) the first weight stack; and (ii) the second weight stack to the second exercise station such that movement of the second exercise station requires movement of at least one plate from each of: (i) the first weight stack; and (ii) the second weight stack, wherein the second coupling system comprises a second coupling member that selectively couples the second weight stack to the first weight stack.

22. **(Currently Amended)** An apparatus as recited in claim 21, wherein the first resistance assembly comprises a first weight stack and wherein the second resistance assembly comprises a second weight stack, and wherein movement of the second resistance assembly comprises movement of at least one weight in the second weight stack, wherein the first coupling

~~system comprises a first coupling member that selectively couples the first weight stack to the second weight stack and the second coupling system comprising a second coupling member that selectively couples the second weight stack to the first weight stack.~~